

F. P. Gale

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J. P. STONE, President G. T. LITTLEFIELD, Vice-President
W. B. SCOTT, Cashier

The Kenna Bank & Trust Co.

Secured by the laws of this territory
to the extent of \$30,000.00.

Our officers are bonded and we
carry burglary insurance. Every
safeguard of modern Banking pro-
tects you. Come in and see us.

The Kenna Bank & Trust Co.

To Keep Lemons.
Lemons may be kept a long time
even months, under glass. If you are
not going to use them, lay them on a
flat surface and cover with a goblet
over each one. After six months' im-
prisonment in this way they will be
found to be fresh.—
Woman's Life.

Morbid Thoughts Foes.
Morbid thoughts are indefinitely
greater hindrances to success than op-
position from outside. No health, no
beauty, no harmony, no real success
can exist in the atmosphere of abnor-
mal melancholy. Overcome the cues-
les of success within yourself and
you will have done much toward reach-
ing the goal.

Be Careful.
A man named Ward J., a
man who is said
to be a namesake,
was nominated
for the city of
New York for
the office of
keeper of the
prison. He had
to rise again to
rectify his mis-
take. It is to be
hoped his repu-
tation for wit
does not rest
solely on this
occurrence.

INCREASE IN LIFE'S DURATION
Sanitary Science Has Done Much to
Prolong the Stay of Man
Upon the Earth.

National efficiency depends partly
on natural resources, partly on the
efficiency of social institutions, partly
on human vitality, and is a reaction
against the old fatalistic creed that
death is inevitable. It is a constant
struggle. The motto is Pasteur's.
It is within the power of man to rid
himself of every parasitic disease.
Longevity varies in different times
and places. The average length of
life in Denmark and Sweden exceeds
50 years. In Italy it is 45. In the
United States it is 40. In Europe it
has increased in 20 years from less
than 20 to over 40 years. In Mas-
sachusetts, in less than half a cen-
tury, it has increased five years. As
longevity increases, mortality de-
creases.

The death rate in the "registration
area" of the United States is 18.5 per
thousand; in India it is about 42 per
thousand. In European cities it varies
from 16 to 40. The death rate has
been decreasing during several cen-
turies. In the seventeenth and eight-
eenth centuries it was 40 to 50, and
during the past periods rose as high
as 80. It is now 15. In Havana the
death rate after American occupa-
tion fell from over 50 to about 20.
The greatest reductions have been
effected among children. The mortal-
ity beyond the age of 50 years has
remained stationary. Special dis-
eases have decreased, such as tuber-
culosis, which is now one-third as
prevalent as two generations ago.
Typhoid fever, which in Munich, after
the elimination of cesspools, de-
creased 97 per cent, and in Law-
rence, Mass., after the introduction
of a public water filter, decreased
over 80 per cent. Smallpox has prac-
tically disappeared since vaccination
was employed and yellow fever since
its mosquito origin has been known.—
American Health Magazine.

A Democratic Capital.
The capital of the United States is
here from abroad soon get the same
They go skating and horseback rid-
ing without ceremony. They have
the same rights as everybody else,
but no more. At the usual
place a man is taken. Ex-
treme democracy is informal in
the capital of the United States.—
Washington Post.

Business Courtesy.
The adage, "Courtesy costs noth-
ing," would, if true, offer sufficient rea-
son to insure its observance by prac-
tically every member of the com-
munity. It being fairly obvi-
ous to most of us that courtesy is an
excellent lubricant for the machinery
of business, however, requires a very
considerable expenditure of mental
effort, which very few of us are ca-
pable of sustaining at all times.

"Listen at Him."
"Father's trip abroad did him so
much good," said the self-made man's
daughter. "He looks better, feels bet-
ter, and as for appetite—honestly, it
would do your heart good to hear him
eat!"—Everybody's.

The Philosopher of Folly.
"The man who throws money to the
birds," says the Philosopher of Folly
"has a lot of nerve to pose as a lover
of dumb animals."

BE TOLENT.
Why quarrel over greed and faith,
Why rave at others' elms?
True charity and love for men,
Is where the right begins;
Contentious Christians do not live,
Contentious bigots do—
The man who always wants to fight,
To fight is never true.

Good are the work of men, not God,
Their base intolerance,
Their trend to hold the lally
in narrow ignorance;
They brought about the knout and
stake,
The Inquisition shame,
The Holy Wars, where pillaging
Was done in Jesus' name.

And all the human vengeance dire
That men have had to face,
To gain religious liberty,
'Tis easy quite to trace,
To creeds, and human stubbornness,
And not to God and right.
For charity for others' faults
Is pleasing in His sight.

Infinite wisdom is not yours;
Then be not too severe
If others do not thin has you—
Persuade through love, not fear.
Eternal right is always right—
The meaning, not the name—
God may not be your kind of God,
But God is God just the same.
—Jake Harrison in Farm and Ranch.

ABOUT GROWING OLD.

It is a natural
process. A good many want
to retard it, but very few want
to accelerate it. And then it
does not need any lecture, it
will come of itself. A good
many people have discarded on
how to keep young, and they
are sure of an audience. But
all the receipts have failed. Oth-
ers have written lectures on how
to grow old gracefully, and they
too have been failures. As well
tell a man to walk gracefully
after he loses a part of one foot
and the toes off the other one.

There is only one receipt that
counts when a person is growing
old, and that is to do the best
he can every day, not being cer-
tain of the next; and that does
not need any lecture; it does

not need any reminders, because
he has them with him. Some-
times they come in rheumatic
pains in an unexpected place.
Sometimes he gets up in the
morning and finds that a tooth
that he has relied on a great
many years is demanding a sepa-
ration from him. Another fre-
quent notice is that when he
strikes very fine type he wants
to change it. Another is that
him. Another is that the street
car conductor wants to help
him off or on the car. An-
other is that, when he goes to
the theatre and takes a seat with
the gallery gods, he cannot
munch peanuts with that same
enthusiasm which he did sixty
years before. Another is that
a small boy can beat him in a
foot race.

The signs are plenty, and men
waste their time when they ad-
vise how a man should grow
old. Old mother nature is at-
tending to that all the time.
She is putting more and more
lime in his bones, which makes
him more and more afraid to
fall down, because the bones do
not knit as readily as they did
in his younger days.

Three thousand years ago a
gentleman who had studied the
question, gave some of the

while the sun is not harnessed,
nor the light, nor the moon,
nor the stars and the clouds
return not after the rain," etc.
And he might have added that
the way to grow old is for a
man to do the best he can ev-
ery day and to nurse the be-
lief that, if his soul is immor-
tal, it was planned that he
should grow old, and that he
should go gently down the slope
to the grim gates at the lower
end, and that when they open,
possibly he will find that the
elysian fields, all flower crown-
ed, will be smiling beyond.

Like an old man, you need a

Snugger House,

or, if you have a good house, you need a Barn, Shed or
Chicken House. We've got the Material—You've got the
MONEY.
—or at least we hope you have. Let's SWAP! We'll
make you an even trade—Dollar for Dollar in value, and

Nobody Harmed.

Come and see us, and talk it over.

Kenna Lumber Co.,
Kenna New Mexico.

Opposite Bank.

CONVERTING THE OLD MAN

Cogent Reason Advanced That Had
the Effect of Bringing "Paw" to
the Penitent Bench.

They say that once down in a Ken-
tucky county, which shall be anony-
mous, one of the young rough-necks
was converted at a revival held in the
little building which served a double
purpose as schoolhouse and church.
He had been a wild lad, but his con-
version was sincere, and by the force
of his example or possibly of his hard
work he succeeded in getting the rest of
his following to join, too.

His father had never been to church,
and said, further, that he never in-
tended to go. His son, however, fol-
lowing his change of front, greatly
desired that his sire should join him
in that stand. He got the preacher,
who was conducting the services, to
go and wrestle with the old fellow.
The two adjured him to attend church.

He was finally persuaded to do so,
and once there the son and the evan-
gelist directed their efforts to getting
him on the mourners' bench. The old
man wavered, but finally stood firm.
He reckoned it was powerful good, but
he kinder believed he'd let things be
as they were.

"Look, here, paw," said the recent
proselyte, "you come on in. I'm in,
and I can tell you it's so d— good you
ought to take a little of it just for
fun."

Journal.

A New Metal.
A new material, called by its inven-
tor "cork metal," has been introduced
for the manufacture of aeroplanes. It
is about 40 per cent. lighter than
aluminum, and is nothing more than
an alloy of magnesium with small
quantities of aluminum and iron. The
"cork metal" is that
chemically with hot water,
and of hydrogen, but doubtless this
metal will be got over in some way.

Why Trees Grow Large.
Washington and Oregon have some
of the largest trees in the world and
the climatic conditions of that section
are responsible for this fact. In the
Puget sound country the rainfall is
about 53 inches, while up in the higher
Cascades, near Seattle, it is 100 inches,
and sometimes reaches the 150-inch
point. Under such climatic condi-
tions the seeds of the trees germinate
readily and all the trees continue to
make a vigorous growth.

The Art of Seeing Things.
The art of seeing things is not
something that may be conveyed in
rules and precepts; it is a matter vital
in the eye and ear, yes, in the mind
and soul, of which these are the or-
gans. I have as little hope of being
able to tell the reader how to see
things as I would have in trying to tell
him how to fall in love or to enjoy his
dinner. Either he does or he does not,
and that is about all there is of it.—
John Burroughs.

Russia's People.

The population of Russia is actual-
ly growing at a rate of one and one-
half per cent a year, not equaled in
any important country on the globe;
not even in France does so large a
proportion of the population belong to
the land-owning class, providing a nec-
essary condition for the agricultural
prosperity of the coming generation.
Since 1877 the amount of arable land
held by the nobility has diminished
by a third; yet the price of land has
risen in every part of the empire.—Re-
view of Reviews.

Sweet Influence.

Is it not entertaining how to make
the best of one's powers, how to ar-
range one's stores, how to exert a
sweet, quiet and fragrant influence
throughout life, over all whom one
meets? If an advanced education does
this for one, then it is the education
one should seek. Our difficulty is that
we cannot allow time enough for seed
time and harvest. Mothers are in de-
spair if daughters occasionally drop
out of school for six months or a year.
We are much too apt to insist on put-
ting all our children, irrespective of
their natural bent, through the same
educational factory. We do not make
sufficient allowance for temperament
and tendency, and thus it comes to
pass that some of us carry burdens,
beneath the weight of which we are
crushed.

Dancing as a Means of Physical Culture.

Dancing has been extolled as a most
effective recreation as a means of
physical culture. It favors the devel-
opment of the muscular system and pro-
motes health and cheerfulness. And
dancing is carried on by women whose
fashion of dress is of such a nature as
to injuriously affect one or the other
organ of the body.

Young girls appear to experience no
fatigue after it. They will not miss a
single waltz, polka or square dance,
but if the pulse of one of these in-
defatigable devotees is felt after the
dance is finished it will be found in
the majority of cases that the number
of pulsations is far in excess of the
normal, and from this it may be in-
ferred that the condition of the heart
must react prejudicially upon the en-
tire organism, and it justifies an ap-
prehension of danger where girls are
delicate.

Gladstone's Memory.

Gladstone's power of memory was
always one of his greatest assets. In
his last years he often lamented that
it was not what it had been; but even
so, it came triumphantly out of some
remarkable tests. In his eighty-third
year he set himself to recall Mazzini's
ode on the death of Napoleon, which,
as a young man, he had translated
into English. He had entirely forgot-
ten his own version, but by dint of
hard "digging" or "fishing up," as he
called it, he wrote down 104 of the
108 Italian lines. Two years later he
endeavored to write from memory a com-
plete list of all the men who had been
his cabinet colleagues, and enumer-
ated 60 of the 70.